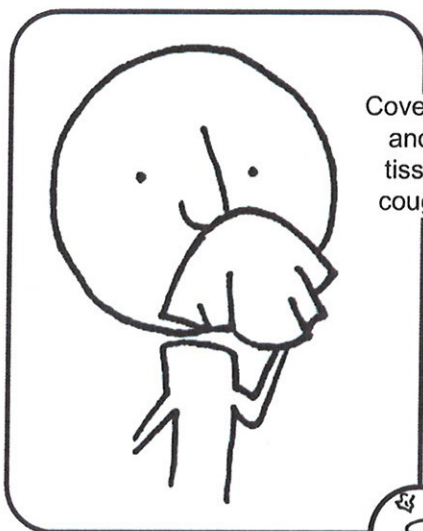# Stop the spread of germs that make you and others sick!
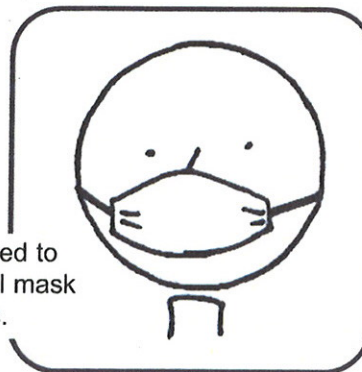
Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze

or

cough or sneeze into your upper sleeve, not your hands.
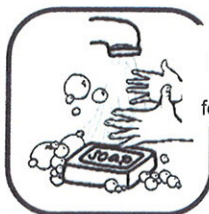
Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands

after coughing or sneezing.

Wash hands with soap and warm water for 20 seconds *or*

clean with alcohol-based hand cleaner.